

# PLEASE READ BUTCHER ET AL, CHAPTERS 1, 3, 4 FOR THE FIRST NIGHT OF CLASS!!!

## Abnormal Psychology OF LABS

PSY 2157  
Jean Nyland, Ph.D.  
Intensive - Session I  
Spring, 2010

TUES 6-10:15 PM  
OH: M11,5,T5W5  
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**Course Texts:** Butcher, J.N., Mineka, S. & Hooley, J.M. (2007) *Abnormal Psychology and Modern Life*, 13<sup>th</sup> ed.,  
American Psychiatric Association (2000), *Quick Reference to DSM-IV-TR*  
Perrin, R. (2007) *Pocket Guide to APA Style*.

### Course Objectives:

The major objective of this course is to acquaint the student with the major diagnostic categories in clinical psychology, and, to a lesser extent, their corresponding theories of causation and treatment. The more specific goal is to give students a solid grounding in the criteria of DSM-IV, as well as a sense of what these different diagnostic categories in mental health "look like." The course will include readings, lecture, discussion, films, a presentation, and a final. The specific learning outcomes of the course include

- 1) Mastering the major diagnostic categories of the Diagnostic and Statistical Manual, 4<sup>th</sup> ed (TR)
- 2) Learning some of the theories of causation of the major psychological disorders.
- 3) Being introduced to some of the treatment specific to particular psychological disorders
- 4) Developing a thorough understanding of at least two psychological disorders, through presentation in class and a term paper

### Attendance Policy:

As this is an Intensive class, anyone missing more than one class (or the equivalent of four class hours) must *withdraw* from the course. Please call or email me if you must be absent or late (within those parameters). Make-up work will be required for any missing class time.

**Course Grading:** Grading will be based on the following components:

Classroom Participation	10%
Class Presentation	30%
Term Paper (10 pages)	30%
Final	30%

The presentation, the final, and the paper will be graded using the following system:

A+	4.3	A	4.0	<i>PLEASE NOTE: Final Course Grades of A+ and A will both equal 4.0, by university grading policy</i>
A-	3.7	B+	3.3	
B	3.0	B-	2.7	
C+	2.3	C	2.0	
C-	1.7	Etc.		

Those three grades will be averaged to produce the final class grade. Class participation will be used to resolve any “ambivalent scores” e.g. a grade average of 3.15 could be a B+ with good participation and a B, otherwise.

The presentation will involve choosing a specific diagnosis, one not covered in depth in lecture, (e.g. one of the addiction disorders, sexual disorders, cognitive disorders, disorders of childhood & adolescence), and explaining to the class its diagnostic criteria, and theories of causation and treatment, in a professional and lively manner. The paper will be a more thorough investigation, through library research, of some aspect of a major psychological disorder e.g. Current Treatment Approaches to Simple Phobia; Psychodynamic Theories of Major Depression, etc. The final will be a short-answer essay exam, assessing the comprehension and integration of material covered in class. **Please Note: The topics for both the presentation and the paper must be approved by the instructor.**

### **Instructor:**

*Jean Nyland is a professor of psychology at Notre Dame de Namur University and Director of the Evening Psychology Program. She gained her B.A. in Psychology and English from the University of Oregon, M.A. and Ph.D. degrees in clinical psychology from the University of Hawaii (in an APA-accredited, scientist-practitioner Clinical Studies Program), and an M.A. in English from the University of California, Berkeley (doing her thesis on psychological development in Shakespeare’s women). She has been teaching since 1976. After receiving her Ph.D in 1981, she opened a private practice in Honolulu, and taught at Chaminade University of Honolulu, as well in the Women’s Studies Program at the University of Hawaii. Subsequently, she held the position of Chief Psychologist of The Queen’s Medical Center, the major teaching hospital of the UH Medical School. In that position, she taught and supervised both graduate psychology interns and psychiatry residents, developed and co-directed a state-of-the-art Anxiety Disorders Program, developed and directed an interdisciplinary Assessment Center, as well as assessing and treating both outpatients and inpatients. After moving to the Bay Area in 1988, she decided she was meant to be an academic after all, and began teaching full-time at Notre Dame. She briefly served as a dramaturge at the California Shakespeare Festival (2001 and 2002 seasons), and now occasionally co-leads Stanford Travel/Study Courses e.g. Suitcase Seminar (Morocco), Oregon Shakespeare Festival (Ashland) with her husband Abbas Milani (formerly Chair of History/Political Science at NDNU, currently Director, Iranian Studies Program, Stanford). She does research and publishes on psychological type, anxiety, and their interaction with, or effect upon, various other variables, e.g. academic achievement. She also maintains a small private practice, specializing in anxiety, depression, and the tribulations and opportunities associated with the transition to middle age.*

# COURSE CALENDAR

NIGHT OF	LECTURE TOPIC(S)	READINGS
Jan 19	What is Abnormality? Causal Factors in Abnormal Behavior Diagnosis and Assessment Film: <i>Assessment of Mental Disorders</i>	Ch 1, 3, 4
Jan 26	Stress and Adjustment Disorders Anxiety Disorders Somatoform & Dissociative Disorders Film: <i>Anxiety Disorders</i>	Ch 5, 6, 8
Feb 2	Mood Disorders Eating Disorders & Obesity Psychological Disorders, Stress & Health FILM: <i>Mood Disorders</i>	Ch 7, 9, 10
Feb 9	Personality Disorders <b>Diagnostic Presentations</b> Film: <i>Personality Disorders</i>	Ch 11
Feb 16	Schizophrenia & Other Psychotic Disorders <b>Diagnostic Presentations</b> Film: <i>Schizophrenia</i>	Ch 14
Feb 23	<b>Diagnostic Presentations</b> Catch-up (if necessary) Therapy (if time) Film: <i>Psychotherapy</i> <b>PAPER DUE</b>	Ch 17
March 2	<b>FINAL</b> (short answer essay)	